

Afterschool Snack Program Meal Pattern

Select TWO of the FOUR Components	
Food Components	Minimum Serving Size
Milk, fluid	1 cup
Meat or meat alternate: Lean meat, poultry, or fish Cheese Cottage cheese Egg (large) Cooked dry beans Yogurt Cottage cheese Peanut or other nut or seed butters	1 ounce 1 ounce 1/2 cup 1/2 large egg 1/4 cup 4 ounces or 1/2 cup 1/4 cup 2 Tbsp
Vegetable or fruit: 100% juice*, fruit, and/or vegetable	3/4 cup
Grain: Enriched or whole grain bread Cornbread, biscuit, roll or muffin Cold dry cereal Hot cooked cereal Cooked pasta or noodles	OR 1 slice OR 1 serving** OR 3/4 cup*** OR 1/2 cup 1/2 cup
*Vegetable and fruit juices must be served full strength. Juice may not be served when milk is served as the only other component. **1 serving must provide at least 1 ounce of grain. ***3/4 cup (volume) or 1 ounce (weight), whichever is less.	

UNALLOWABLE SNACK FOODS

Jell-O
 Pudding, custards, ice cream
 Potato chips
 Pop tarts
 Fruit rollups/ fruit shaped gummies
 Carmel corn/ popcorn of any kind

Canned soups
 Cream cheese
 Yogurt covered fruit or nuts
 Soda or other carbonated beverages
 Hard candies
 Licorice